

Chronic Obstructive Pulmonary Disease (COPD)

Disease Information Packets – Slide Sets

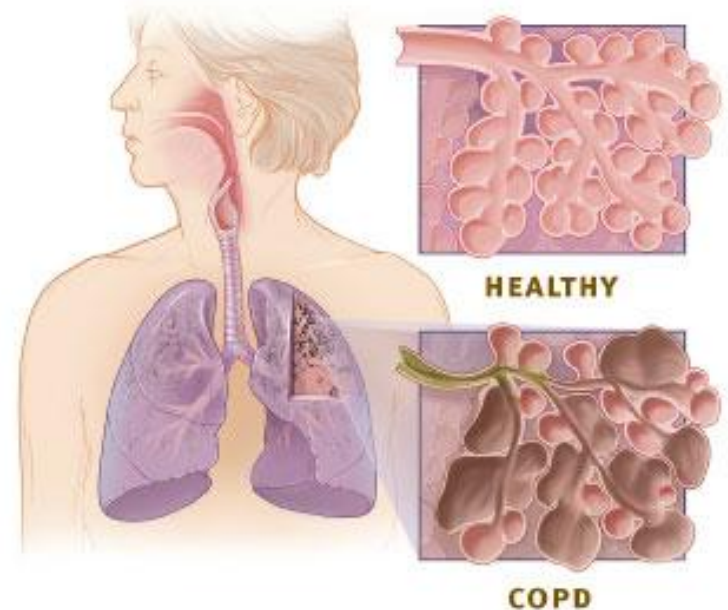


Public Health Services,
Community Health Statistics

8/2010

What is COPD?

- Chronic obstructive pulmonary disease, or COPD, is a respiratory disease, that makes it hard to breathe.
 - The airways in lungs become swollen, less elastic, or are destroyed.
 - It gets worse over time.
 - Includes chronic bronchitis and emphysema.
 - It cannot be cured, but it can be stopped and treated.



Demographic Risk Factors

- **Age**
 - COPD occurs most often in older people.
- **Gender**
 - 1980-2000, American women died from COPD at a much faster rate than men.
- **Genetics/Family History**
 - People with a family history of COPD are more likely to get the disease if they smoke.
 - Genes have been discovered that directly influence the development of COPD.



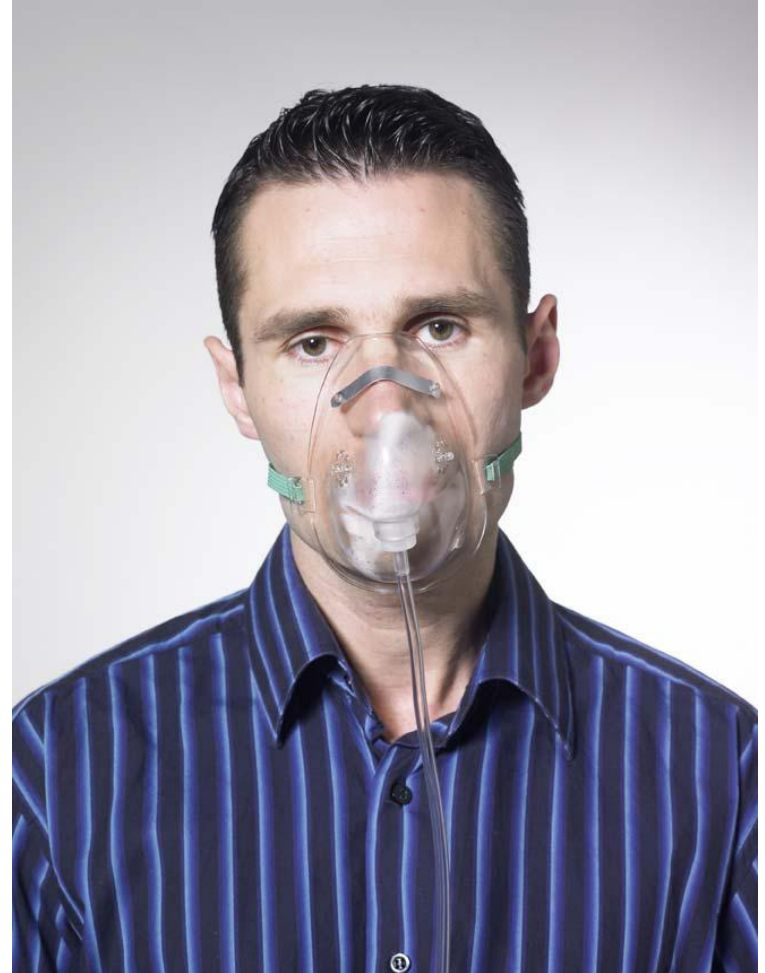
Social and Behavioral Risk Factors

- **Smoking**
 - 80% to 90% of COPD deaths are due to smoking.
- **Secondhand Smoke**
- **History of Respiratory Infections**
- **Occupational Exposure to:**
 - Dust
 - Ash
 - Fumes
 - Gases



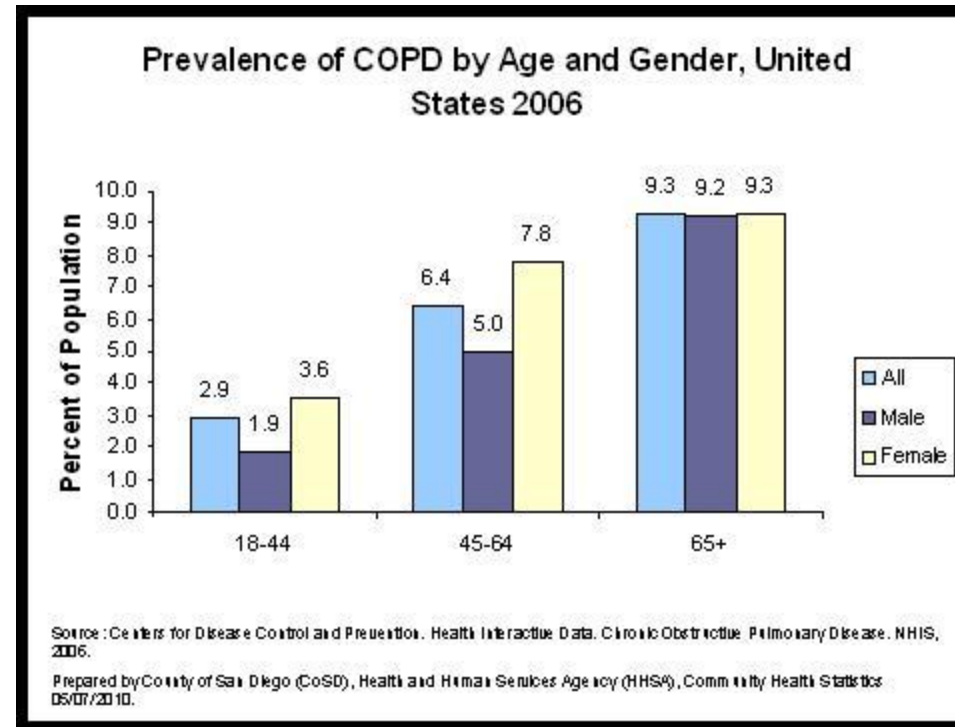
Intermediate Outcomes

- **Bronchitis**
 - Inflammation and scarring of the bronchial tubes.
- **Emphysema**
 - Progressive, irreversible, destruction of the alveoli (air sacs) in the lungs.



National Statistics

- COPD was the fourth leading cause of death in the United States in 2004.
- 12.1 million Americans had COPD in 2006.
- 24 million Americans may have impaired lung function, suggesting that COPD is under-diagnosed.
 - This may lead to fewer treatment options because the disease will not be detected until lung function is severely damaged.

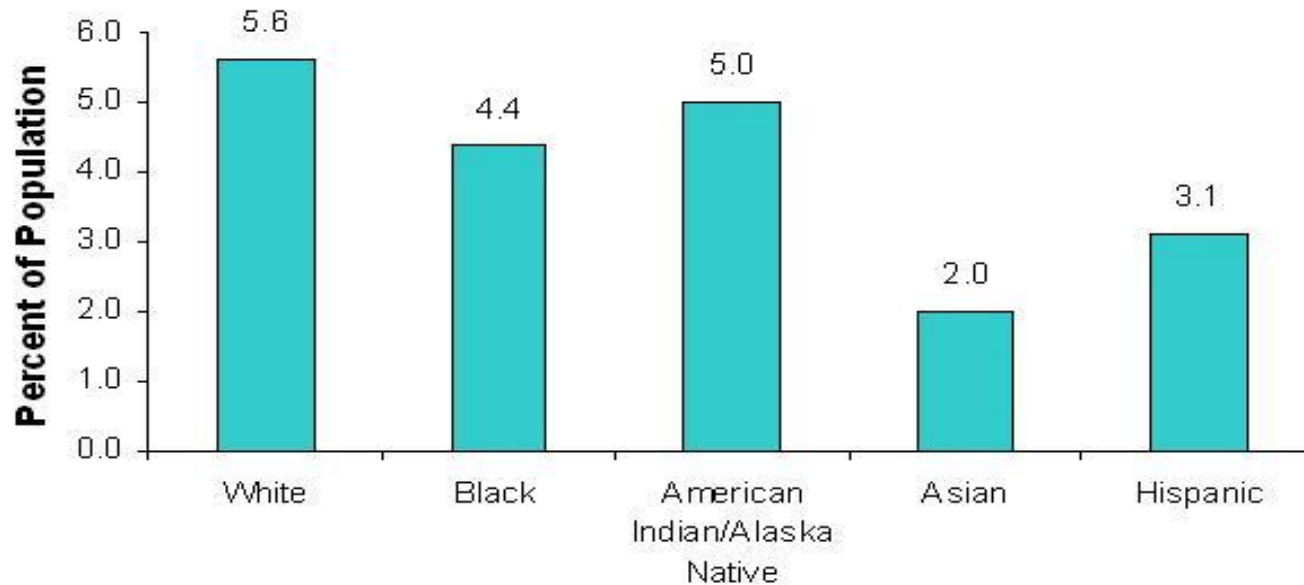


National Statistics and Disparities

- Death rate rose faster for women than men, 1980-2000.
- More women were hospitalized and had emergency department visits than men in 2000.
- White Americans are diagnosed more frequently with COPD and are more likely to die from it, than other race/ethnicities.

National Statistics and Disparities

**Age-Adjusted Prevalence of COPD Among Adults
(18+ years) by Race/Ethnicity, United States, 2006**



Source: Centers for Disease Control and Prevention. Health Interactive Data. Prevalence of COPD. NHIS, 2006.

Prepared by County of San Diego (CoSD), Health and Human Services Agency (HHSA), Community Health Statistics 05/07/2010.

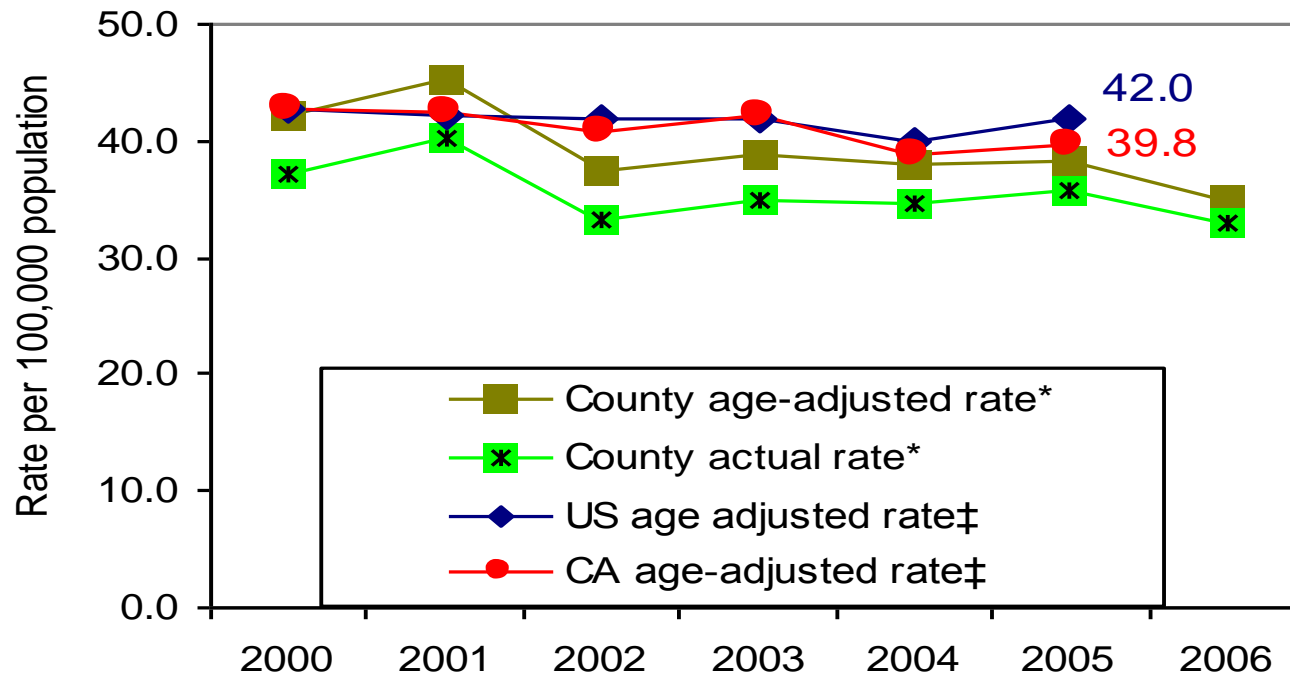
Costs

- In 2007 the annual cost for COPD was \$42.6 billion.
 - \$26.7 billion in direct health care costs.
 - \$15.9 billion in indirect, illness-related and death-related, costs.



Local Statistics and Disparities

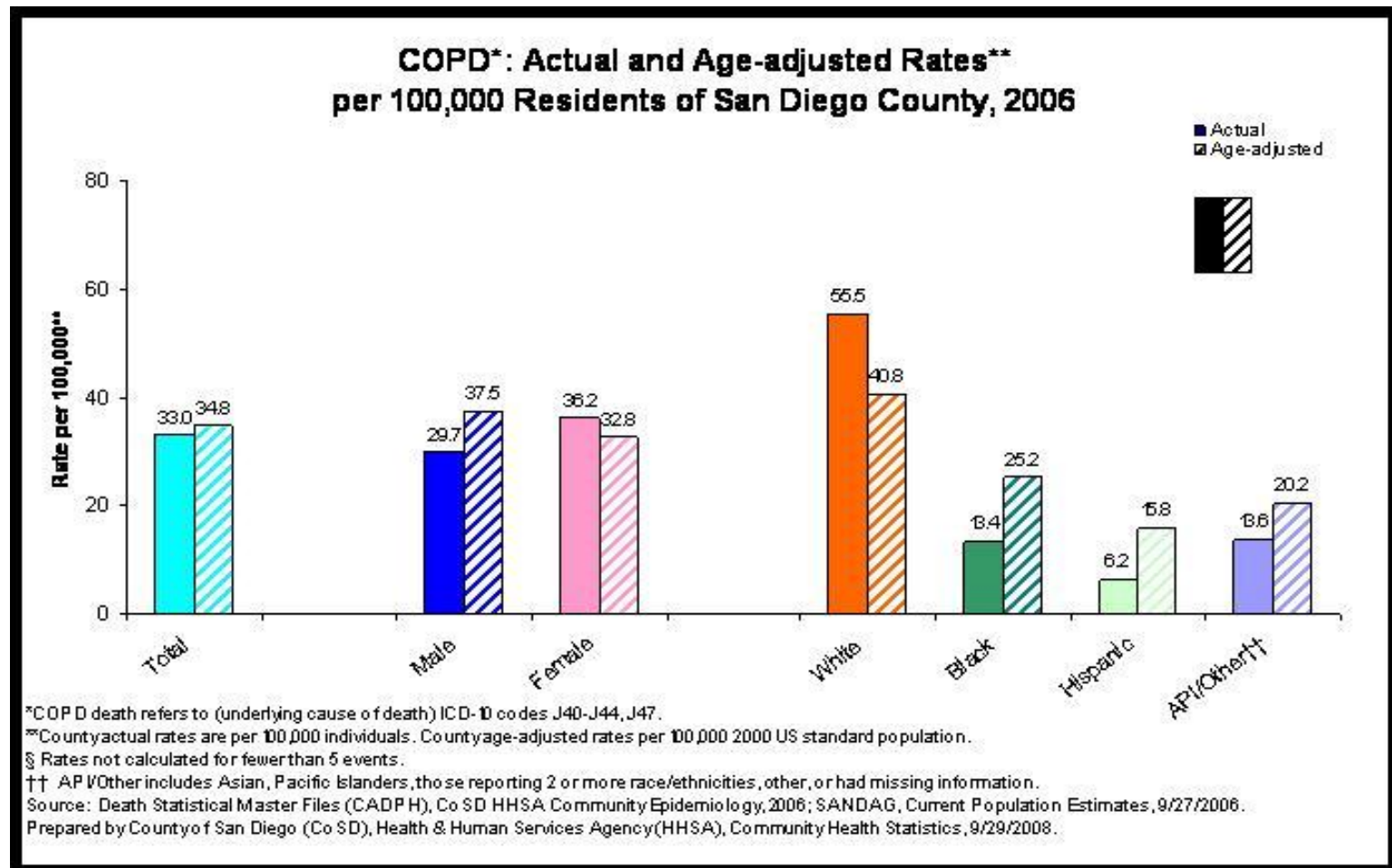
National, State, and County COPD Deaths per 100,000 Population by Year, 2000-2006



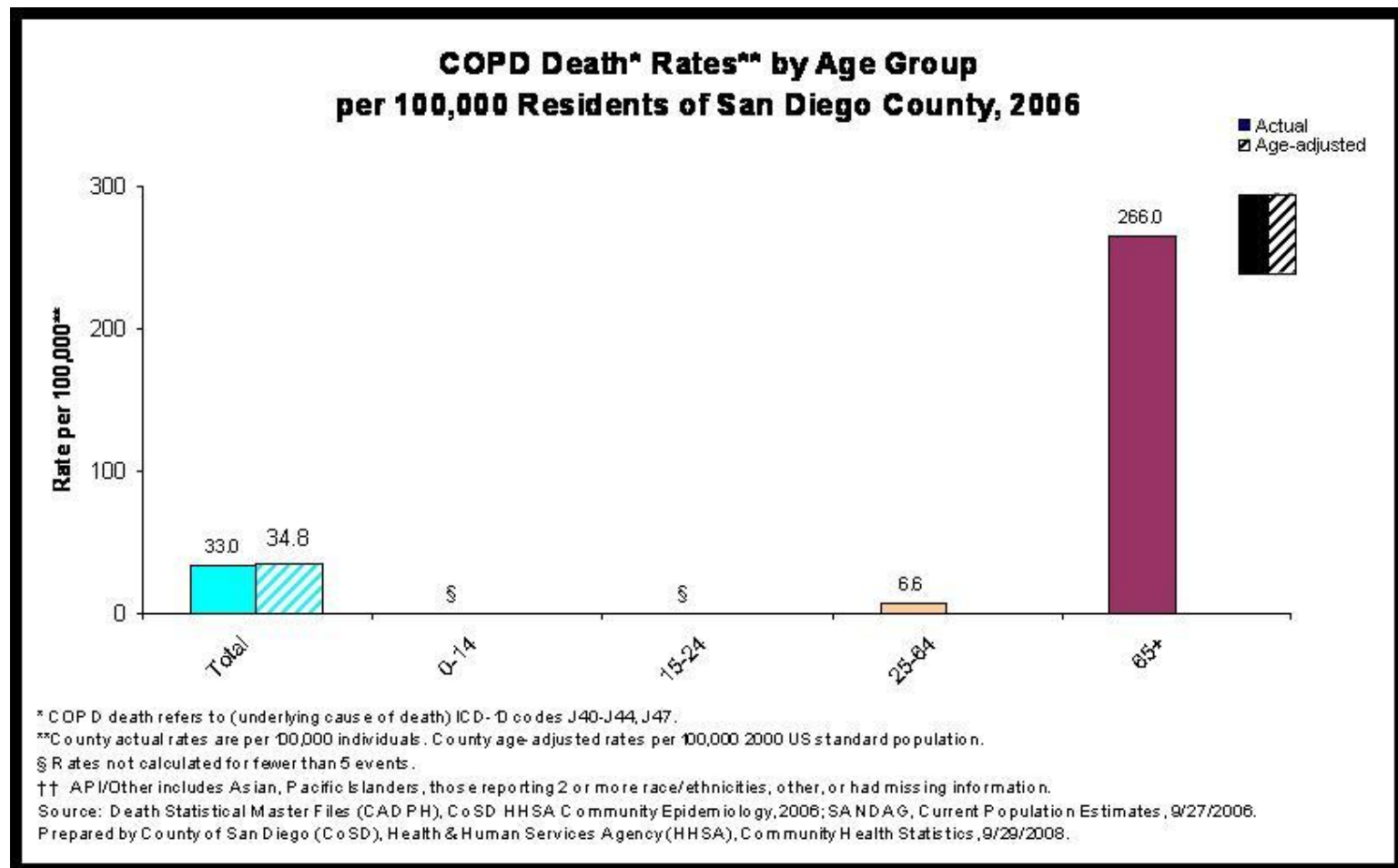
* Source: Death Statistical Master Files (CA DPH), CoSD, HHSA, Community Epidemiology 2000-2006; SANDAG, Current Population Estimates, 9/27/2006.

‡ Source: CDC, NCHS, Compressed Mortality Files. On-line database accessed 4/15/2009: <http://wonder.cdc.gov/cmf-icd10.html>

Local Statistics and Disparities

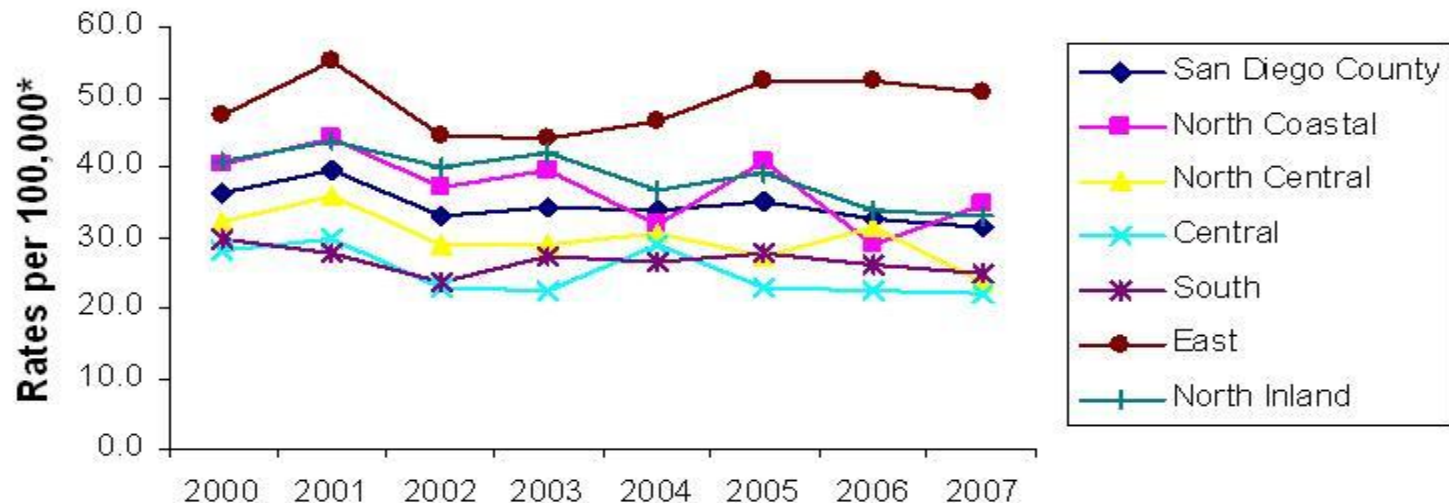


Local Statistics and Disparities



Local Statistics and Disparities

**COPD Death Rates* of San Diego County
Residents by Region, 2000-2007**



* COPD death refers to (underlying cause of death) ICD-10 codes J40-J44, J47.

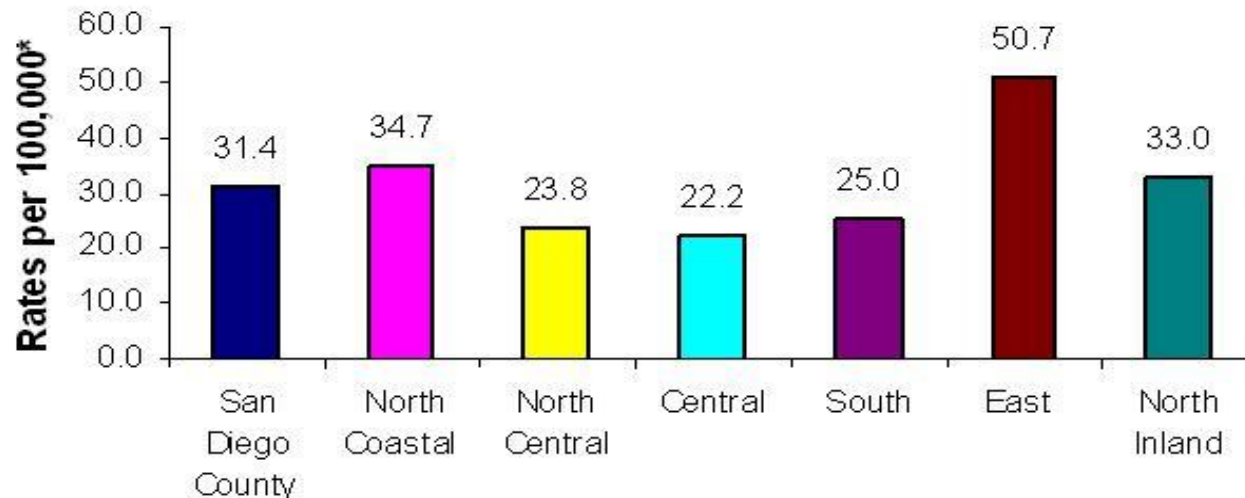
**County actual rates are per 100,000 individuals. County age-adjusted rates per 100,000 2000 US standard population.

Source: Death Statistical Master Files (CADPH), CoSD HHSA Community Epidemiology, 2006; SANDAG, Current Population Estimates, 9/27/2006.

Prepared by County of San Diego (CoSD), Health & Human Services Agency (HHSA), Community Health Statistics, 9/29/2008.

Local Statistics and Disparities

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Prevention

- Early detection
 - Allows earlier treatment to stop disease progression
- Avoidance
 - Do not smoke or breathe second-hand smoke
 - Avoid home and workplace air pollutants
- Treat respiratory infections
 - Treatment helps prevent the initial stages of COPD.
- See your doctor regularly
 - Treatment requires medical diagnosis and management of medications to alleviate symptoms.
 - Patients with advanced disease may need supplemental oxygen, or a lung transplant.
- Get a flu shot
 - Flu can cause serious problems for a person with COPD.



Contact Us

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